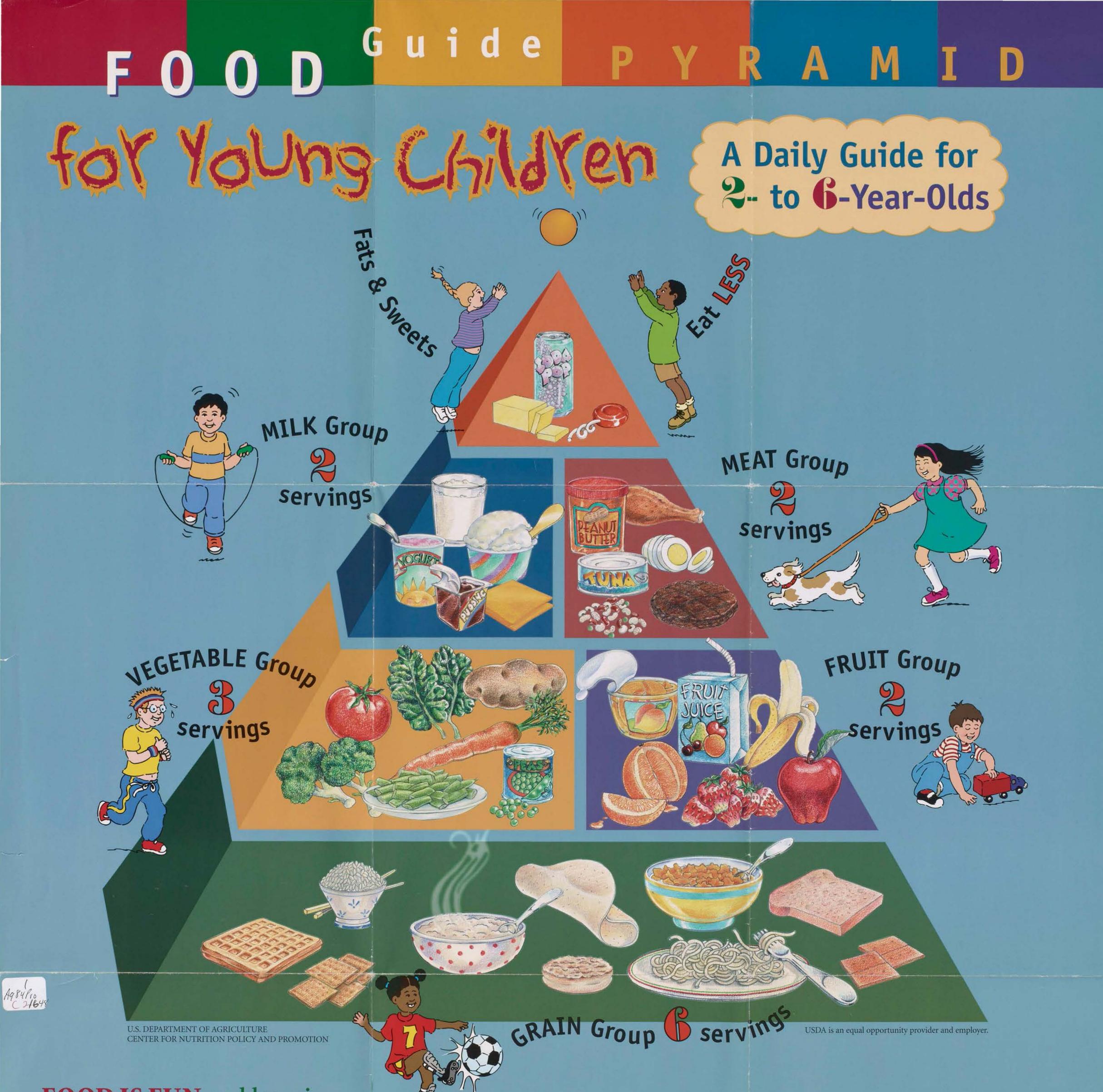
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FOOD IS FUN and learning about food is fun, too. Eating foods from the Food Guide Pyramid and being physically active will help you grow healthy and strong.

U.S. Department of Agriculture Center for Nutrition Policy and Promotion March 1999 Program Aid 1648

WHAT COUNTS AS ONE SERVING?

GRAIN GROUP1 slice of bread

- 1/2 cup of cooked rice or pasta
- 1/2 cup of cooked cereal
- 1 ounce of ready-to-eat cereal

VEGETABLE GROUP

- 1/2 cup of chopped raw or cooked vegetables
- 1 cup of raw leafy vegetables

FRUIT GROUP

- 1 piece of fruit or melon wedge
- ³/₄ cup of juice ¹/₂ cup of canne
- 1/2 cup of canned fruit 1/4 cup of dried fruit

- MILK GROUP

 1 cup of milk or yogurt
- 2 ounces of cheese

MEAT GROUP

- 2 to 3 ounces of cooked lean meat, poultry, or fish
- 1/2 cup of cooked dry beans, or
- 1 egg counts as 1 ounce of lean meat.2 tablespoons of peanut butter count as
- 2 tablespoons of peanut butter count a 1 ounce of meat.

FATS AND SWEETS

Limit calories from these.

Four- to 6-year-olds can eat these serving sizes. Offer 2- to 3-year-olds less, except for milk. Two- to 6-year-old children need a total of 2 servings from the milk group each day.

a variety of FOODS AND ENJOY!